

Introduction to Buddhism

Session 6

11/6/22

The Four Noble Truths continued:

III. The Truth of Cessation of Suffering.

After the realization that suffering is a natural part of human existence our understanding of suffering will transform. The truth in the Cessation of Suffering is ultimately in our mind and our perceptions of life.

IV. The Truth of the path to the Cessation of Suffering: The Eightfold Path

The Buddha taught many paths to the cessation of Suffering. Perhaps the most well-known is the Eightfold Path. It helps transcend our ego and its desires, the basic cause of our Suffering.

Right View

Having a Right View of the realities of life and the world as explained by the Buddha. The Dharma guides us in leading a Buddhist life, to see things as they truly are.

Right Thought

Right Thought can be viewed as a promise we undertake to conduct our lives based on our understanding of “Right View”.

Right Speech

Right Speech encourages us to refrain from four things:

- 1. False speech (lying).**
- 2. Divisive speech.**
- 3. Hurtful words.**
- 4. Idle talk or gossip.**

Right Conduct

Right conduct is explained by the Five Precepts.

Five Precepts

I shall and try to refrain from:

- 1. Killing.**
- 2. Stealing.**
- 3. Lying.**
- 4. Sexual Misconduct.**
- 5. Intoxicants.**

Right Livelihood

The Buddha was clear to discourage professions that will bring physical or emotional harm to others.

Right Effort

Right effort is the focused, energetic will to foster positive and wholesome states of mind as we progress on the Eightfold Path.

Right Mindfulness

Right mindfulness is maintaining a constant thought of attaining Enlightenment, Always mindful the Right View.

Right Meditation/Concentration

Right Meditation is to focus on the seven other paths to attain a higher spiritual state of Buddha's Right View in one's life.

SUGGESTED BOOKS REGARDING BASIC BUDDHISM

Basic Teachings of the Buddha By Glenn Wallis, Modern Library Classics 2007

Jewels By Kenneth Tanaka, BDK 2020

Jodo Shinshu A Guide Hongwanji International Center 2004

Ocean By Kenneth Tanaka, Wisdom Ocean Publications 1998

The heart of the Buddha-Dharma By Rev. Kenryu Tsuji, Numata Center 2003

The Vision of the Buddha By Tom Lowenstein, Little Brown 1996 (Thorsons 2002)